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Peaks Island Star : February 2005, Vol. 25, Issue 2

Service Agencies of the Island

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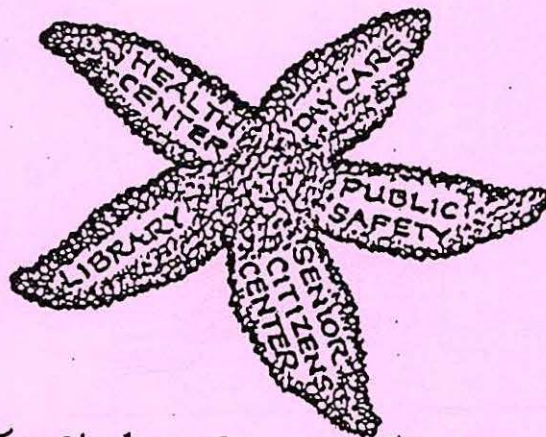
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Peaks Island STAR



Newsletter of the Island's Service Agencies & other Community News

FEBRUARY 2005

VOLUME 25

ISSUE 2

Sometimes Annual Poetry Reading

Do you like poetry, write poetry, like to listen others read or sing poetry? Join us for an adult evening of poetry, on Valentine's Day, Monday, February 14, at 7 PM in the Community Room. This evening is for you. The theme is love, as it plays out in spoken verse or song.

If you can, bring a poem to read and a dessert to share, or just come and enjoy. Suzanne Parrott will coordinate the program. Please phone her for information or offers of help (2344). It is sponsored by the Peaks Island Library.

Peaks Island Girl Scouts Troop 1977

The troop was busy taking orders for Girl Scout Cookies during January. Thank you for your cookie order and your support. We know you will enjoy the cookies. We will also be selling cookies at Casco Bay Lines between March 8-18. Be on the look out for signs announcing our Cookie Sale.

We are working on the Pet Care Badge and plan to volunteer at one of our animal rescue organizations. As part of our badge work, we are seeking donations from islanders of cat and dog food, human grade tuna for cats, and medium stuffed toys for dogs. We will present these donations to the animal rescue when we volunteer.

Please contact Diane Ricciotti 766-5183, Angela Packard 766-5920, Sarah Higgins 329-9502 to find out where to drop off your donation. We appreciate your help.

SENIOR HOUSING INFORMATIONAL MEETING

There will be a meeting held at the Community Center on Tuesday, February 22, at 4:00 PM for anyone interested in the Senior Housing complex currently under construction on Central Avenue. If you have already notified VOA of your interest, you will receive a letter from them soon telling you about the meeting; if you are not certain if you are interested, come to the meeting and find out more.

At the meeting you will learn what information you will need to gather for your application, and the entire application process will be explained. Julia Wilcock of VOA will hand out floor plans for the apartments and will answer any questions you may have.



FIFTH MAINE REGIMENT MUSEUM

P.O. Box 41
Peaks Island, Maine 04108

(207) 766-3330 • fifthmaine@juno.com

SAVE THE FLAG !! That was the rallying cry of the Fifth Maine Regiment during the Civil War. And save it they did. The silk, 35 star flag was presented to the Regiment by a group of Maine ladies then living in New York as they passed through New York City on their way to Washington, D.C. in June 1861. The flag, borne by the Regiment's flagbearers, led the men into every battle in which they were involved during their three year term of service and was never captured by the enemy, a point of pride among the Regiment's veterans. When the Fifth Maine Regiment Memorial Hall opened in 1888, the veterans lovingly placed the flag in a display case on the east wall of the Hall where it has hung ever since, a symbol of the nation they helped to preserve.

The time has come, once again, to *Save The Flag*. Over the years the flag has deteriorated and become quite fragile. The Fifth Maine has engaged a well-known textile conservateur to clean and treat the flag and place it in an archivally appropriate mount. This will preserve the flag well into the future. The estimated cost of this project is \$20,000. Fund raising has already begun and we have received two small grants totaling \$3,000. A *Save the Flag Day* program will be held on Sunday June 12. We invite the community to come, learn about the conservation process, and enjoy great entertainment and delicious refreshments. Details about the program will be posted around the island in early June.

COMMUNITY LECTURE SERIES

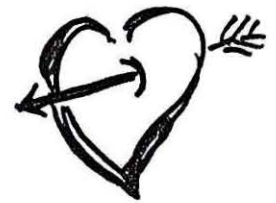
Coastal Maine Geology by Art Astarita

The second installment in the Community Lecture Series 2005 will be on Thursday, February 10th at 7 p.m. at the Community Center. It will be led by Peaks Island resident Art Astarita. He will be speaking about the geology of coastal Maine. You'll learn answers to questions like: How was that rock in your backyard formed? What did the Maine coast look like *before* the glaciers? What are the most interesting geologic spots on Peaks Island and why? Art will be showing satellite imagery, photos, and other visuals. We hope you can join us for what promises to be an interesting and educational evening.

Upcoming Lectures:

March 11	Cynthia Cole and others speaking about international travels, including time spent with the Peace Corps
April 14	Art Astarita speaking about groundwater on Peaks Island
May 12	Scott Kelly speaking about birds in Antarctica

All lectures are held at the Community Center and begin at 7 p.m. unless otherwise noted. There are still six openings for lectures during the year, so if you have thought about giving a lecture or know someone else who is thinking about it, it's not too late to sign up! Call or email Michele Tranes at 766-3014 or mtranes@islandinstitute.org.



Peaks Island School

We are all enjoying this winter weather and the students and staff would like to have fun and help others. Please mark your calendar for **Saturday morning, February 12th from 10:00am to 11:30am for a Peaks Island Winter Carnival at the Peaks Island School.**

Children and adults of all ages are invited to participate in indoor and outdoor festivities that will raise money for those who have suffered from the tsunami tragedy. Sponsored by the Peaks Island School and the Children's Workshop all proceeds will be donated to charities directly involved in helping children in the area of the world that has been so devastated by a natural disaster. Hope to see you there to share in the fun.

Also on February 14th, the students will sponsor a Valentine luncheon for all seniors on the Island in the school cafeteria at 11:45pm. If you would like to attend, please call Diane at the school 766-2528 or Denise Macaronas 766-2970. Rides are available to and from the school.

Isn't February a special month!

PTO VALENTINE SWEETHEART BOXES

The Peaks Island School PTO offers you another scrumptious way to support the school and treat your favorite person with a Valentine Sweetheart Box of treats. The boxes will be filled with homemade cookies and candies-made by island bakers, of course-and will cost \$10/box. You can order by calling the Peaks Island School at 766-2528, Kathryn Moxhay at 766-2756, or Kathy Hanley at 766-5669. We will take orders until Wed. Feb 9th, and will deliver your treats to you or your valentine on Monday Feb 14th. The Peaks Island School thanks you, and so will your sweetie!

Saturday Night Movies in February

All movies are free and shown in the Community Room. Children should be accompanied by an adult.

February	6 PM	February	8 PM
5	In Search of the Castaways (1962) G 98 min	5	Girl With a Pearl Earring (2003) PG-13 100 min
12	Made for Each Other (1939) 93 min	12	In the Bedroom (2001) R 130 min
19	My Fair Madeline (2003) NR 74 min	19	Paths of Glory (1957) NR 87 min
26	Princess of Thieves (2001) 90 min	26	Maltese Falcon (1941) NR 101 min

Senior News

The Peaks Island seniors will be enjoying a luncheon which will be hosted by the 4th and 5th graders of the Peaks Island School.

The date is Monday February 14th at the Peaks Island School, 12 noon.

Be sure to come. It should be interesting to see what the junior chefs have come up with for lunch!!

PEAKS ISLAND BAPTIST CHURCH

P.O. Box 4

Peaks Island, Me 04108

207-797-0257

bboyle@gbc.to

Pastor: Rev. Beau Boyle

Sunday School: 10:15 AM

Sunday Worship: 11:00 AM

Wednesday Teen Night: 6:00 PM

Prayer: 8:00 PM

Location: 235 Pleasant Ave.

Winter is here! Praise God! I'm no fan of cold weather but the Bible says: *in everything give thanks!* So that's what we'll do. We have had an exciting couple of months at our church. We are settling into 235 Pleasant Avenue, and are so grateful that God has provided us with such a fantastic facility. It truly is beginning to feel like home. December 22nd marked our first Christmas Contata. It was a wonderful service. The Lord Jesus was lifted up in song and word all night! January 11th we had the privilege of hosting the Maine Baptist Bible Fellowship monthly meeting. Pastors and their wives and children from eight different churches around the state attended. Mr. Dan Simoneau presented his youth camp ministry *Camp Manasseh* to the pastors, while Mrs. Grace Snively from Boston Baptist College, did a tremendous presentation for all the women who attended, entitled: *Women And The Ministry*. Dinner was a surf and turf, prepared by our own Mr. Donald Cook, and our faithful brethren did all the serving. Rev. Gary Turgeon from Twin City Baptist Church was the preacher for the night service. It really was a wonderful day in The Lord. Looking for a place to watch the Super Bowl? Look no further; our Super Bowl party begins at 5:00 PM Sunday February 6th. We'll provide the food and drinks, the NFL will provide the entertainment, you just come and enjoy. Lastly, our newly formed choir is singing every Sunday. It is an ensemble of eleven, directed by Nicholas Chapman. May God bless you and your families.

Yours in Christ, Pastor Boyle

St. Christopher's Catholic Church

Father Fred Morse, Pastor

15 Central Avenue

766-2585

Sunday Mass is celebrated each week at 10 AM followed by fellowship in the Parish House. Please join with us! Please check the weekly bulletin for schedules of daily Mass and communion services.

Ash Wednesday: Mass and Distribution of Ashes at 6 PM on Wednesday, Feb. 9th.

Confirmation classes are held on alternate Sundays from 9 to 10 AM in the Parish House. Please call the Rectory for more information.

Other Sacraments: Rite of Reconciliation: Call/ask Father Fred after Mass. For Baptism, please call the office to make arrangements. For Marriage, please call at least six months in advance.

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BRACKETT MEMORIAL UNITED METHODIST CHURCH
9 Church St., Peaks Island, Maine 207-766-5013 The Rev. Casey Collins
brackettmumc@yahoo.com "The white church at the top of the hill."
Worship with us at 10:00 a.m. every Sunday. We are a community church open to all.

On wintry days like this I can understand why many people sneak off of Peaks before the cold sets in! Part of the joy of island life is the "knowing I can do it" spirit of those who remain through the cold and snow of the season. I invite all of you to find warmth in body, soul and spirit at Brackett Church. Services are at 10 a.m. Sundays. It's a great place to socialize with friends, meet new ones and get to know yourself and the creator of this beautiful world of ours.

Valentine's Day weekend is coming up and I'd like to deliver 2 special invitations. The first is to Friday night, **February 11th**'s "Soiree;" Peaks Island's newest entertainment venue from 7 to around 9 p.m. Remember the coffee house's of the 60's? This open mike evening is reminiscent of those wonderful times, a place to share your own talents in friendly surroundings or just sit back and enjoy the many talents of others. January's soiree was a masterpiece of good times and I expect February's gathering to only be better. Poets, music, stories, fiddling; come and see!

And join us Sunday night, **February 13** at 7:00 p.m. as Brackett hosts spiritual journeys. Arthur Fink will be leading this particular night. This group meets on the second and fourth Sundays of every month as an informal gathering and an adventure of learning.

PEAKS PATROL

Officer Steve Taylor recently accepted another assignment on the mainland. We all wish him continued success with his new opportunity and thank him for all the work he did with this unit.

I recently sat on an interview board that that was part of the selection process for Officer Taylor's replacement. The applicants for the Peaks Island opening were officers with experience and varied skills that would benefit the residents of this community. The chief had a difficult decision to make with the list of officers sent to his desk and he selected an officer that showed his support of the Island Services Division.

Officer Les Smith was the national winner of the American Legion's 40/8 Law Officer of the year in 2002. Officer Smith began his career patrolling the mean suburban streets of South Portland with his canine partner. After 10 years, Officer Smith saw the big lights of Portland and joined the Portland Police Department 7 years ago. He has excelled in community policing and patrol. Officer Smith is a trained and licensed EMT and attended the fire fighting training that was conducted on Peaks Island 2 years ago. He has shown interest in working with the school and other community based groups. The newest member of the unit will be paired with the most senior member, Officer Eric Higgins.

Officer Rose and I would like to thank the individuals who took the time to shovel the fire hydrants near their homes. We especially like to thank Donald Groeger and his crew for shoveling several hydrants, Tim Flynn, and Terry Mulkern who regularly shovel hydrants near their houses. There were a few more hydrants shoveled and we thank those responsible for that effort.

Several vehicles were given parking tickets during the city's last snow ban. If a vehicle is left on the street during a snowstorm, the plowing crews have an extremely difficult time in providing safe and cleared roadways. The practice of issuing the parking tickets will continue and those vehicles that come under scofflaw violations will be identified and towed.

DEADLINE FOR NEXT MONTH'S STAR:
Friday, Feb. 25, by 6:00 p.m.

PEAKS ISLAND HEALTH CENTER
Dr. Jeffrey Martin, Nancy Wright FNP, Sue Martin, FNP
766-2929
HERE'S TO 2005

The Center is open on **MONDAYS AND THURSDAYS** from 8am until the last scheduled patient is seen. Sue works on Mondays and Nancy on Thursdays (in case you have a preference). For acute illnesses, page Nancy at 741-1371. If she can't answer, call Dr. Martin's on-call provider at 892-7055. Claire will be heading to warm for the next couple of months. Robin Carr, who worked with Dr. Rudinberg, will join Jill to staff the center. Prescription refills and matters staff can take care of can be handled by leaving us a message.

HEALTH TIP: We've been seeing fewer people with respiratory problems recently. Perhaps the cold has chased us all inside and we're not sharing our bugs as much.

We HAVE been seeing people with injuries from falls. Watch yourself! If you haven't got them already, highly recommend adding cleats of some kind to boots or shoes.

Most people who have contacted us have received the flu vaccine either on the island or in town. If you still want/need the vaccine, call Portland Public Health. They received extra doses and held several public clinics.

The new **Health Center and Senior Housing** appears to be coming along well. No news yet on the finish date though we do have a meeting with Julia Wilcox, the VOA liason and project coordinator in mid-February.

Our dental hygienist is coming Wednesday, 2/16. Call Yvonne at 874-1025, Ext. 3017. Dr. Dorsey, our podiatrist is next coming on Wednesday, April 20. Call 761-3889 Ext. 10 for an appointment.

ENJOY THE PEACE AND QUIET OF OUR BEAUTIFUL ISLAND

VOLUNTEER ISLAND TRANSPORTATION

The volunteer island taxi service is available for all islanders. If you need a ride anywhere on the island, please call the volunteer listed for the day you need a lift. It's best to call a day or so before, if possible. The driver may not be home when you call, but most have answering machines so you can leave a message. We do the best we can! The usual hours are Tuesday through Friday daytime hours (excluding major holidays).

Date	Driver(s)	Phone	Date	Driver(s)	Phone
Tue 2/1	The Carys	5548	Thur 2/17	Monica Stevenson	2010
Wed 2/2	John Erdman	5797	Fri 2/18	Ron Shaw	3394
Thur 2/3	Larry Blake	2360	Tue 2/22	Marty Braun and Jamie Hogan	9726
Fri 2/4	The Pedlikins	0067	Wed 2/23	Roxanne Marks	0066
Tue 2/8	Marjorie Phye	2307	Thur 2/24	Ruth Williamson	5825
Wed 2/9	Chris Hoppin	2593	Fri 2/25	Dan Murphy	5849
Thur 2/10	Judy Plawlock	2109	Tue 3/1	George Rosol	0059
Fri 2/11	Peg Astarita	5997			
Tue 2/15	Carol Warner	0022			
Wed 2/16	Marcie Appel	5071			

Back-up driver Nancy Hall 2514

We can always use more drivers! If you'd be willing to give a few hours a month as a driver, please call Cevia Rosol at 0059 or Nancy Hall at 2514.

News From the Peaks Island Branch Library
in the Community Building 766-5540 www.portlandlibrary.com
Hours Open: Tues 2-8 Wed 10-4 Fri 10-2 Sat 8-12

On Tuesday, February 8, you can make valentines at the library between 5 PM and 7 PM. We'll have the materials for you to use. All you need to bring is your creativity and imagination. Stop in. It'll be love-ly for sure. All ages.

On Monday, February 14, the Sometimes Annual Poetry Reading will take place in the Community Room at 7 PM. Details are elsewhere in the STAR, but if you have never been, you could be in for a treat. For adults.

Dashing through the snow.... Well, trudging through the snow is more like it. But parents and caregivers, babies and toddlers have miraculously appeared for nursery rhymes, and they invite you to join them as Nursery Rhyme Time continues on Wednesdays and Fridays at 11. Story Time for PreSchoolers is on Fridays at 10:15. Both of these programs can be a nice antidote to cabin fever.

Adult Book Discussion will meet Tuesday, March 1, at 7 PM to discuss *Middlemarch* by George Eliot.

NEW at the Library

We have two new magazine subscriptions for 2005. KidsDiscover is a monthly magazine for elementary school children; each issue focuses on a single topic. January's focus is the Underground Railroad. Everyday Food is the other new subscription, though we'll warn you, the two issues we've received so far don't spend much time on the shelf. Though it is "from the kitchens of Martha Stewart Living," the recipes are straightforward and easy to follow.

- For armchair travelers and jetsetters alike, the travel guide books have been recently updated. Use them to plan, or just to dream.
- Audiobooks have recently been rotated, so there are different books for you to enjoy, on cassette and CD.

And if getting out is difficult, give us a call. We'll arrange home delivery for you.

Peaks Island Children's Workshop

We are so excited that the snow is here! Our playground is filled with beautiful snow angels made by all the children and even a few teachers! This month is National Teacher Appreciation month and I would like to thank all the teachers at the Peaks Island Children's Workshop for their hard work and nurturing ways with the children of our program. Thanks to Julie A. for visiting with our school age group and making "Cork Animals", they came out great! We are looking forward to our visit with Jenni and her new puppy. She will be teaching the group about caring for a dog and singing songs with the children. Since the weather has been very chilly, we have been creating lots of fun projects indoors. Our favorite has been the giant paper chain around our common room and snowflakes made out of coffee filters. Our new listening center came in December through a donation from TEIA and we are very excited to start using this with the group. Books on tape are very popular! We will be participating in a Winter Carnival with the PI Elementary School on Feb. 12th. All proceeds to benefit the Tsunami relief efforts. Bring your family, call your neighbors and join us for a morning of fun and games!

- Parent Toddler playgroup: Fridays, 10:15-11:00am. Closed Feb. school vacation week.
- PI Community Food Pantry: Open M-F, 7am-6pm. Call or stop in if you are in need.
- PICW Fundraiser: Knitting Sale at the Gem Gallery on Feb. 12th. Time: TBA. Be on the look out for more information. Come shop for some beautiful hand made items and support the Peaks Island Children's Workshop!



TAX FORMS will be available at the Library.

THE CITY PAGE

Thomas Fortier, Islands/Neighborhood Administrator

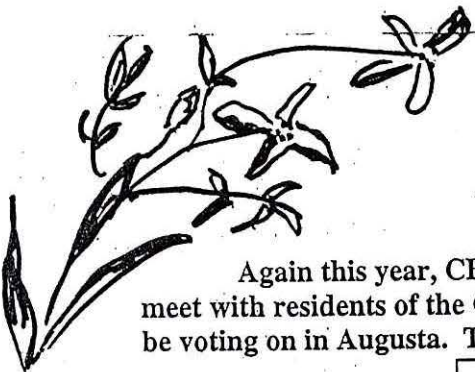
Tel. 756-8288 e-mail: TAF@portlandmaine.gov

Sewer extension: A preliminary study for the extension of public sewer in the areas of Winding Way and Island Avenue (past the Elementary School) is currently under way. There will be a public meeting this summer for all that are interested.

Deer Management: Notices are posted on the Community Center bulletin board, on the Casco Bay Lines ferry, by e-mail, and announcements at public meetings. If you have not been appropriately notified, please feel free to call or e-mail me and I will contact you directly. The goal each year, is to reduce the deer population to the identified wildlife management standard of 15-20. This is called "the carrying capacity" for Peaks Island. Resident Robert Briggs, MDIFW Phil Bozenhard, and myself are present during the implementation of the program and operate from stationary sites that have been carefully considered with the public safety as the first and foremost consideration.

Public Bathrooms: We are still on schedule to begin the construction of the public bathroom that will be located in the "down front" parking lot. Final designs will be posted in the community center shortly. Resident and architect Will Winkelman has done a wonderful job and I'm confident the community will be pleased with the final design that includes a drinking fountain and bulletin board.

Island Use only vehicle registration: Golf carts will now be registered under the same process as "Island Use Only" motor vehicle registration. This means that you must now show proof of insurance when you register your golf cart. The fee will be \$16.00, which covers excise tax, State registration fee, and an abandoned vehicle fee. Unfortunately, it has come to my attention by several residents, that a large number of insurance companies do not insure golf carts. I have contacted the State of Maine Bureau of Motor Vehicles and the Insurance Commission to express the undue hardship this is presenting to island residents. The insurance of golf carts, like that of automobiles, makes sense. Several issues of liability have come up over the years (property damage, vandalism, accidents, pets hit by golf carts, etc). Also, the abandoned vehicle fee will allow for a fund to accrue that will address the expense of removing abandoned vehicles (and golf carts). The availability of funds will expedite the process. Emphasis, however, will be placed on identifying the owner before deemed abandoned.



MEET THE LEGISLATORS

Again this year, CBIDA has invited Portland area Representatives and Senators to meet with residents of the Casco Bay Islands to discuss topics of interest to us that they may be voting on in August. The public is invited:

Saturday February 5, 2005
Conference Room 9:30-11:00 am
Casco Bay Lines Terminal

Here's an opportunity to meet with and question these Legislators about topics of particular interest to us as islanders, such as State aid for Casco Bay Lines, property tax reform, fishing and lobstering regulations, the ecology of the Bay, or other statewide issues.

There will be coffee and refreshments available.

PINA NEWS

FORTHCOMING PINA MEETINGS: THE NEXT GENERAL MEETING OF THE PEAKS ISLAND NEIGHBORHOOD ASSOCIATION will be on TUESDAY, MARCH 22, at 7:30 PM at the Community Center. The Steering Committee will meet next on Tuesday, February 22, at 7 PM at the Community Center to plan for the March general meeting and consider other issues.

PINA JANUARY 18 GENERAL MEETING: The City of Portland is committed to restoring the GRAVEL PIT to an essentially natural state this spring. The JUNIOR LEAGUE OF PORTLAND has made a generous offer of volunteer assistance on a development project at the site. Michele Hedrick of the Junior League described the history of that organization and said that it could provide as many as one hundred volunteers to work on a one-day project, to be performed not later than April 30. Proposals for the site had previously been solicited for this meeting and several were presented. It had been agreed that any project be at modest expense and not compromise the essentially natural state of the property after its restoration. Proposals included having a community garden in part of the property, having the lower meadow on the property be used as a winter skating area, and having a summer basketball court. A committee consisting of those with proposals and several other members was selected. This committee will develop a plan within one month, including options for the Junior league project. It will also suggest a process for giving the site a new name. It was suggested that the property be protected from possible future inappropriate development by an easement or legal covenant.

A final draft of the PEAKS ISLAND NEIGHBORHOOD PLAN as well as an implementation schedule are posted on the PINA website, www.PinaInfo.org, and are available at the library. We invite your comments and suggestions, which you may email to Chris Hoppin at choppin@aol.com, or you may call him at 766-2593. Please give us any suggested changes by February 1st. After incorporation of final revisions the plan will be given to the City of Portland to be included in its Comprehensive Plan.

We again call attention to the new PINA website, www.PinaInfo.org, a source of information about past, present, and future activities of PINA and its committees. Two vacancies remain on the Steering Committee. Anyone wishing to run for one of the vacancies should call President Joe Kane at 766-5571.

CERT Teams Continue Training & Recruit New Members

Do you want to help in an emergency like a fire, flood, tornado or worse?

Do you want to learn how to help?

Join with your Peaks Island neighbors for CERT training to be a member of our Community Emergency Response Teams. The Portland Fire Department is teaching Islanders how to work together to augment their efforts in case of an emergency.

Our next training session will be from 6:30 to 9:30 PM on Thursday, February 3, 2005, in the Community Center. We will review information from past sessions to enable newcomers to catch up and then move to Part Two of Disaster Medical Operations.

We're forming CERTs on Peaks Island and want you with us!

Let's learn how to help our neighbors and ourselves!

###

FEBRUARY ACTIVITIES on PEAKS ISLAND

Sponsored by Portland Parks and Recreation

To reserve the Community Room, you must contact Denise (766-2970) at least two days in advance. Written requests must be filled out before the room can be scheduled. Please plan ahead as Denise works just part-time (21 hrs.): Mondays, Thursdays, and Fridays.

** ISLAND HAPPENINGS - OPEN TO ALL **

ETHNIC TRADITIONS: CHINESE NEW YEAR

Join in the fun as we celebrate the Year of the Rooster. Chinese crafts will be featured.

Thursday, February 10

1:00 pm at the Community Center

SPECIAL VALENTINE'S DAY LUNCHEON FOR SENIORS

The students from the Peaks Island School will be hosting a special Valentine's Day luncheon for senior citizens at 11:45 am. Pre-registration appreciated as they need to know how much food to order. Please call Diane at the PI School (766-2528) to register.

If transportation is needed, please let Diane know. You may also leave a message for Denise at 766-2970.

Monday, February 14

11:15 am at the Community Center (if you want to walk)

FREE MOVIES ON PEAKS ISLAND: *FLOWER DRUM SONG* (133 minutes)

This Rodgers and Hammerstein's musical is set in San Francisco's Chinatown; the basic theme is the struggle between Eastern and Western traditions, between the old and the new. Enjoy such songs as "I Enjoy Being a Girl" and "A Hundred Million Miracles"

Thursday, February 17

1:00 pm at the Community Center

FREE LOW IMPACT EXERCISE PROGRAM - Open to ALL!

Mondays and Thursday mornings

9:30-10:30 am in the Community Room

This on-going program includes stretching, weights (provided), low impact aerobics and relaxation exercises. Emphasis is on doing what is comfortable for you. Space is limited - please leave a message for Denise (766-2970) regarding availability.

"MARCH INTO MAY" PLANNING MEETING

"March Into May" is an easy and effective ten week program designed to motivate community members to increase physical activity and positive health behaviors. This event will run from March 14 to May 20. The informational meeting is open to all.

Friday, February 18

1:00 pm in the Community Room

** OFF-ISLAND TRIPS: OPEN TO ALL ADULTS **

Pre-registration required. Sign-up sheets are on Denise's bulletin board in the Community Building. Phone registrations begin on February 7 (leave message at 766-2970). Each trip has a small transportation fee. Minimum for each off-island trip is 8.

Programs canceled due to inclement weather will not be rescheduled.

SHOPPING AT CHRISTMAS TREE SHOP AND LUNCH AT CHIA SEN

Friday, February 11

10:00 am boat/2:15 pm return

Deadline: Thursday, February 10

"CABIN FEVER" CONCERT: HARMONICA FUN! OPEN TO ALL (children must be accompanied by an adult)

Harmonica playing is a great breathing exercise. Enjoy a lively concert of harmonica tunes, followed by a short lesson and a "concert" by the audience! Price includes a harmonica and transportation. BYOB lunch; desserts will be provided.

This event is sponsored by Falmouth Community Programs.

Wednesday, February 23

11:15 am boat/3:15 pm return

Cost: \$10, deadline is Thurs., 2/17

SHOPPING IN GREATER WINDHAM AREA (Big Lots and lots more!) - LUNCH TOO!

Friday, February 25

10:00 am boat/3:15 pm return

Deadline: Friday, February 18

ACTIVITIES with the "IN-TOWN" SENIOR PROGRAM

Please check the February calendar for activities planned by the Portland Parks and Recreation "In-town" Senior Program. There is a sign-up sheet on Denise's door for the Disney on Ice show at the Civic Center on Thursday, February 24 (12:45 pm boat). Deadline to register and to pay is Thursday, February 17. Cost is \$16 - seniors only (includes ticket and transportation). For more information on other programs listed on the calendar, please contact Ray or Norma at 874-8870.

ADULT BASKETBALL AT THE P.I. SCHOOL GYM: Tuesday evenings, 6:30 - 8:20 pm

No program during school vacation week (Tuesday, February 22) or if there is no school

TEEN OPEN GYM AT THE P.I. SCHOOL GYM: Wednesday, February 2 and February 16, 5:30 - 7:20 pm